

# Today's Breakfast Choices

Build a complete meal by selecting at least 3 items, including ½ cup of fruit, vegetable or fruit/vegetable



**Fruit/Vegetable/Juice**



\_\_\_\_\_ item (s)  
\_\_\_\_\_ item (s)  
\_\_\_\_\_ item (s)  
\_\_\_\_\_ item (s)

May Select \_\_\_\_\_ item(s)



**Milk**

\_\_\_\_\_ 1 item  
\_\_\_\_\_ 1 item  
\_\_\_\_\_ 1 item

May Select \_\_\_\_\_ item(s)

**Notes:**



**Grains/Breakfast Entrees**



\_\_\_\_\_ item (s)  
\_\_\_\_\_ item (s)  
\_\_\_\_\_ item (s)  
\_\_\_\_\_ item (s)

May Select \_\_\_\_\_ item(s)

